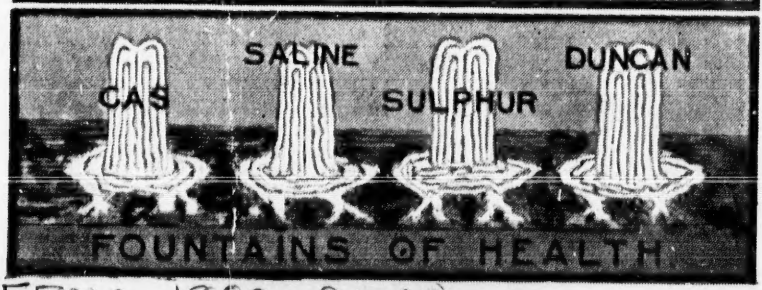
MAGI CALEDONIA SPRINGS.

ONT. CANADA

SUMMER SEASON COMMENCES

JUNE 1st.



F5012 .1899 .G748

ANALYSES of the "Duncan," "Gas," "Saline" and "White Sulphur" Waters of Caledonia Springs and of other much used waters of the same class

	Caledonia Springs.				Harrowgate.	Kissengen.	Congress.	Apollinaris.	Ger. Seltzer.
	Duncan.	Gas.	Saline	W. Sulphur.					
Chloride of Sodium	122.50	69.67	64.41	38.43	144.85	63.80	70.02	4.66	21.21
do Potassium	.31	.30	.30	.23	7.42	3.14	1.48	Trace	.19
do Calcium	2.87	.....	.....	.....	15.21	.....	.....	.....	.....
do Magnesium	10.34	.....	.....	.....	.....	3.32	.....	.....	.....
Bromide of Sodium	.....	.15	.17	.10	.....	.09	1.49	.....	.....
do Magnesium	.24	.....	.....	.....	.....	.....	.....	.....	.....
Nitrate of Sodium	.....	.....	.....	.....	.....	.10	.....	.....	.....
Iodide of Sodium	.....	.01	.01	Trace	.....	Trace	.02	.....	.....
do Magnesium	.02	.....	.....	.....	.....	.....	.....	.....	.....
Sulphate of Sodium	.....	.....	.....	.....	1.40	.....	.....	3.	.32
do Potassium	.....	.01	.05	.18	.....	.....	.15	.....	.....
do Magnesium	.....	.....	.....	.....	.....	6.42	.....	.....	.....
do Lime	.....	.....	.....	.....	.....	4.27	.....	.....	.....
Carbonate of Magnes'm	8.63	5.26	5.17	2.94	.14	.18	12.62	4.42	2.43
do Lime	1.26	1.48	1.17	2.10	2.10	11.57	17.42	.59	2 43
do Soda	.....	.48	1.76	4.56	3.05	.....	1.30	12.57	7.62
do Lithia	.....	.....	.....	.....	.....	.20	.52	.....	.....
do Baryta	.....	.....	.....	.....	.....	.....	.12	.....	.....
Phosphate of Lime	.....	.....	.....	.....	.....	.06	.....	.....	.....
Iron	Trace	Trace	Trace	Trace	.....	.34	.04	.20	.14
Silica	.22	.31	.41	.84	.....	1.41	.14	.08	.25
Alumina	Trace	.01	Trace	.03	.....	.....	.....	.....	.....
Carbonic Acid	5.01	3.49	.....	.....	.....	.....	.....	.....	.....
In 10,000 parts of water, grs	151.40	81.17	73.45	49.41	174.17	94.90	105.32	25.52	34.59

CALEDONIA SPRINGS

ONTARIO, CANADA

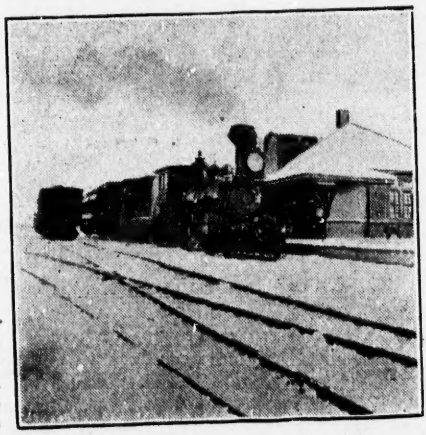
ESTABLISHED AS A HEALTH RESORT 1805.

Mild Alkaline-Saline, White Sulphur, Gas Water and strong Saline Waters; the peer of the most celebrated European springs.

Grand Hotel Co'y, Limited, Proprietors.

Offices: No. 29 Carleton Chambers, Ottawa, and Caledonia Springs, Ont.

From either address every information concerning the Hotels, Waters, Baths, Routes, Fares and Rates can be obtained.



THE FIRST TRAIN AT CALEDONIA SPRINGS, DEC. 21, 1896.

Summer season opens 1st June, and continues definitely to the 20th September.

Elevation above the sea, 160 feet.

Sixty-six miles from Windsor station, Montreal; 46 miles from Central station, Ottawa, via Canadian Pacific Railway Co'y's superb, direct, Royal Short line, with the finest train service in America.

Canada Book Auction #129, Item 215 55th Sch LP Dec 180

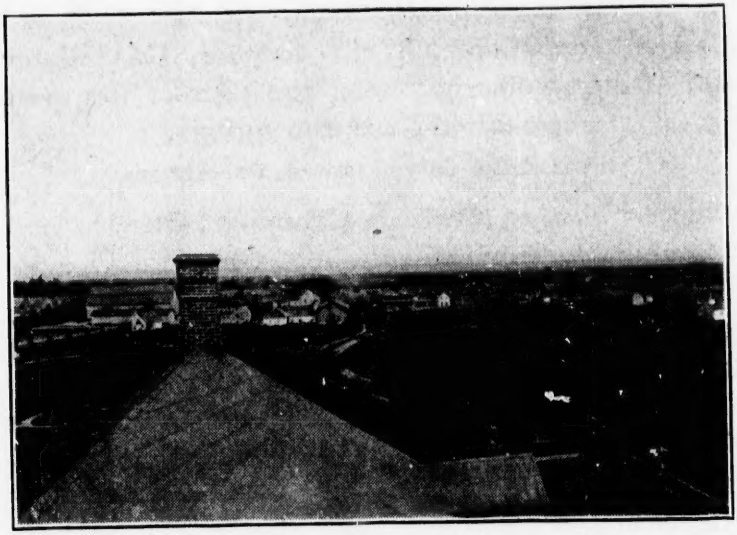
3029546

C. P. R. Telegraph office the year round ; summer office of the G. N. W. Telegraph Co'y.

Bell Telephone station communicating with the trunk system of Canada.

Daily mail ; money order post office.

Mail matter must be addressed to the house you propose to stay at and "Caledonia Springs, Ont." in full.



VIEW FROM GRAND HOTEL CUPOLA--LOOKING NORTH.

Express matter should be sent by the Dominion Express Co.

Persons afflicted with infectious or contagious diseases are not received at the Springs, and visitors will kindly not bring children suffering from whooping cough or any other contagious complaint.

A competent physician will reside at the Grand Hotel during the season, whose professional services will be available by all visitors at moderate city charges.

What the Waters will Benefit.

Physicians who have made a study of the action

of the Caledonia Waters, after many years experience in their use, concur in their being efficacious in the following cases: Rheumatism, Gout, Sciatica, Neuralgia, Lumbago, Salt Rheum, Scrofula and other varieties of blood and skin diseases, Chlorosis, Constipation, Dyspepsia, Jaundice, affections of the liver, Urinary Complaints, Dropsy, Renal Calculi and Gravel, Inflammation of the eyes, Ague, Hypochondria, Insomnia, Nervousness, St. Vitus' Dance, Paralysis, Melancholia, Spinal Irritation, Barrenness, and the effects produced by the improper use of mercury. Young girls and women at the change in life receive marked benefit from the Caledonia Springs waters.

A Well Known Spa.

Caledonia Springs has been so long established as a Watering Place that it is unnecessary to make any claims as to the advantages accruing to all visitors and users of the Waters and Baths; it would be difficult to find a corner of the continent where there is not some one who knows the merits of the place from personal experience. During many seasons the available accommodation has been quite taken up, despite the difficulty of access which, especially to an invalid, has hitherto been very wearisome. With the completion of their Montreal and Ottawa short line and the magnificent service put on by the Canadian Pacific Railway, nothing now is left to be desired in this regard.

After two years of railway communication the fears of some that the quietness of the place would vanish have been completely dispelled; there has been no inroad of an objectionable element, and no inducement will be held out that will invite it.

Among the visitors to Caledonia Springs are comprised the most respectable people of every class; the most prominent statesmen, professional and mercantile men, the humbler tradesmen and farmers are counted on our list of patrons; more wealth for the number is represented by visitors here than probably at any other watering place. With all,

there is an entire absence of ostentation or ceremony, a home-like feeling pervades the place and sociability is the great feature ; it is not that only those with an ailment of some sort come to the Springs and that "a fellow feeling makes us wondrous kind" for people, as healthy as can be desired are always present ; many, of course, have

THE OLD SALINE AND WHITE SULPHUR SPRING HOUSE.

been invalids who owe their improved condition to the Springs, and have determined that each year, in fear of their old enemy, they will take another course ; others, again, are friends or relatives accompanying some sick one. A matter of satisfaction has always been the confidence with which ladies and young girls, quite unaccompanied, come to Caledonia Springs—no small tribute to the manner of life lived here.

Life at the Springs is Pleasant.

With the variety, then, that exists in the character of the many visitors it will be seen that the time spent is not all dullness ; amusement of some kind is continually going on ; an orchestra is retained

throughout the busy months, and every facility is provided to make life pleasant to those who can enjoy it, without interference with others preferring to keep to themselves.

What the Hotel and Grounds Comprise.

Adjoining the Grand Hotel is a commodious Amusement Hall with Gymnasium, Dancing Floor, Bowling Alleys, Billiard Room, etc. ; the grounds are tastfully laid out with walks, shade trees, Tennis, Croquet and Quoit Lawns. The property of the Company comprises about 200 acres ; a grove occupies about 30 acres, and the enclosure round the Grand Hotel about 25 acres. In the latter is the Post office, Protestant and Catholic churches, etc. Many visitors seem to put in their entire stay without ever thinking of quitting the grounds, immediately outside of which is the railway station.

The several Telegraph offices and the Telephone station are in the Grand Hotel building.

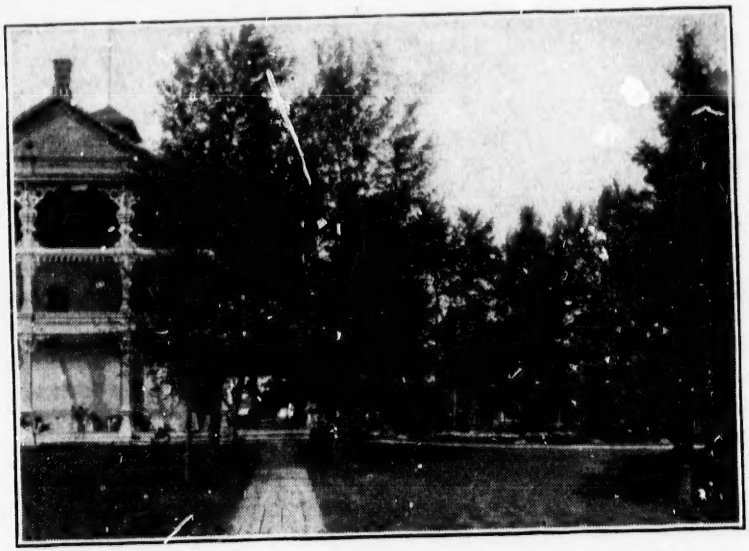
The Grand Hotel has accommodation for 250 guests, is most conveniently laid out and comfortably furnished, has spacious, airy halls, bedrooms, parlors, reading and card rooms ; the dining room is sufficiently large to seat all residents at the same time. The kitchen, pantries and other domestic offices are very complete. Many changes and improvements in every department recently made add greatly to the comfort and convenience of this House. Strangers looking for the usual barrack of the "Summer Resort" will be agreeably pleased with the Grand Hotel. The accommodation in all particulars is of the cleanest and highest class and not such as might be inferred from the low rates charged.

The Baths are in the main building of the Grand Hotel ; the Gas, Saline and White Sulphur Springs immediately in front. The Duncan Springs are about two miles distant.

Situation, Characteristics, Etc.

The site of Caledonia Springs is in the midst of

an elevated plateau; the country generally has been well cleared and is almost devoid of bush or trees, except such as are preserved in the immediate vicinity for ornamental purposes. There is an almost constant breeze and excessively warm weather is rare. The whole soil is impregnated with Saline mineral matter and the air strikes all as having great similarity to that of the sea-side. At night the temperature is always agreeable and blankets to the beds are usually a necessity. All should be provided with warm clothing, especially in the case of invalids this is important.



VIEW LOOKING FROM GYMNASIUM TOWARD GRAND HOTEL.

The sanitary aspect of Caledonia Springs has been very carefully considered and can be claimed as perfect in every particular; constant vigilance is maintained that it is kept so. All refuse is promptly removed, the system of drainage is unique, and met with hearty approval of the Quebec Provincial Board of Health who specially examined into it.

The drainage of the grounds, together with the clearing up of the surrounding country has practically banished the mosquito.

The Springs for several years past have been increasingly visited by victims of Hay-fever, who concede they are more exempt from this complaint here than at any place that makes special claim to this immunity.

In connection with the Springs and the Grand Hotel, the proprietors carry on extensive farming and keep a large stock of cattle, enabling guests to be furnished with the best and freshest products in this line; the buildings are of a superior character and a matter of interest to strangers.

What to Do with Your Horses.

Families bringing their own horses and carriages, with attendants, have the privilege of the Company's stables and buildings; a moderate charge is made only for the grain and hay consumed; the attendants boarding at outside houses. Others not wishing to bring their grooms can put up their horses, etc., and have them properly looked after at the Lake or Victoria Cottage Hotels at a charge of 60c. each horse per day.

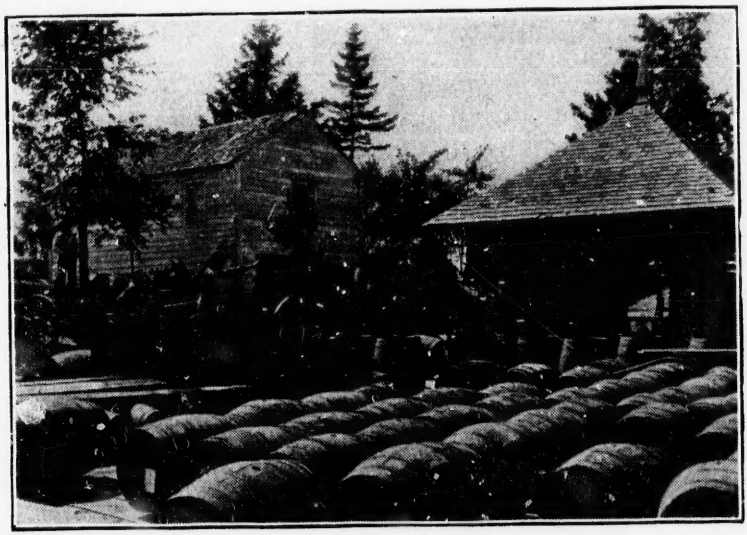
Pleasant drives are to L'Orignal and Hawkesbury on the Ottawa River, Vankleek Hill, Alfred and Plantagenet, rising towns 4 to 11 miles distant. At Plantagenet are the well known mineral springs of that name.

Moderate Charges at the Springs.

The grounds, facilities for amusement and life at the Grand Hotel render the place a most desirable resort for families at which to put in the summer holidays, and at the same time receive the benefit which all derive from drinking the waters. Children have ample scope in all weathers to expend their energies without being the slightest trouble to their elders, and there is no element of danger that has to be reckoned with. From a study of the rates charged it will be seen that it is cheaper residing here than at home with the worry left out. Such as have been in the habit of renting a cottage and doing their own housekeeping, with more labor

and anxiety than if they remained at home, will realize the advantages of a stay at the Grand Hotel.

The manner in which the rates are made up, not taking the very lowest that can be obtained, are about as follows: Say a family of 7 with 3 adults and children aged 14, 10, 5 and an infant and 3 rooms; one on 2nd floor front, one, 2nd floor back, and one on 3rd floor. The rooms would be $14, $12.25, and $10.50 per week each, and this would cover the charge for the adults; the children would be charged respectively $8, $7, $3 and $1.75, making the total charge $56.50 per week and for each



SHIPPING PLATFORM, CALEDONIA SPRINGS.

day over a week $8.07 per day. Two adults occupying one room, back corridor, first floor, would be charged $14 for the room and $10.50 for the second person occupying it, a total of $24.50 per week, for the two, and if remaining over a week, at the rate of $3.50 per day for the two. With the table of rates given elsewhere, and these examples, the cost for any number in a party and in any part of the Hotel can be computed. For the second person in a room the cost is the same in any part of the Hotel.

For a stay of less than a week the transient rates of $2.50 and $2 must be taken.

New Features.

In the interval since last season preparations for more extensive improvements have been made, but unlooked-for obstacles having arisen all that were intended may not be completed ; sufficient, however, will be evident to demonstrate the progressive spirit of the proprietors.

Investigations of the geological conformation of the surroundings of the Springs have been made. Except one, all holes sank gave only the brakish Saline Water charged with Sulphates ; the exception was a strike of a very strong Sulphur Water, the yield being over 100 gallons per minute. As a Sulphur Water no substitute for the old White Sulphur Spring has been or is likely to be found, this seems to be settled finally. Upon the Company's property there had already existed several wells obtained at different times by borings and which have continued for years to flow, all of a more or less Saline character. The waters of these wells have never been recommended for drinking and analysis has shown them to contain objectionable constituents and to be entirely devoid of any gas ; this is probably due to the passage of the waters through the soil in which they are found and in which the foreign matter is picked up. The Caledonia Springs themselves issue naturally and directly from crevices in a hard, brilliant, lime stone rock, and highly charged with gases : from the rock they are cased to the ground, 13 feet above, over which they have flowed unceasingly for so long.

Use only the Waters You Come to the Springs for.

Neighbors who, in this manner, obtained waters in the vicinity have endeavored to get visitors to patronize such, but strangers should remember what waters and baths they come to the Springs to use, **and if necessary the use of the Caledonia Springs**

Waters and Baths will be confined to such persons as reside in houses owned by the Grand Hotel Co., and who will undertake to confine themselves to the Caledonia Springs Waters exclusively. This resolution has been adopted in view of the great reputation earned by these Springs, during many years, as curative agents, and which reputation cannot be imperilled by any partial use. The regime which time has settled into almost a law requires that in the different maladies certain combinations of the several waters are necessary to produce certain results; it will therefore be seen, especially by the educated, who appreciate the subtle differences in mineral waters, the danger involved if an unknown quantity is to be combined with the treatment upon which time has stamped the mark of approval at Caledonia Springs.

Outside Hotels, Etc.

The outside Hotels and Boarding Houses recognized by the Grand Hotel Company, limited, are the Lake Cottage Hotel, Victoria Cottage and the Brock Cottage. Residents in these houses can obtain tickets for the Springs and Baths and have entire freedom of the grounds and which privileges, unless arrangements are in the meantime made, persons residing elsewhere will not look for.

Routes, Fares, Rates, Etc.

By examination of the map appearing in this book,

it will be seen with what ease Caledonia Springs can now be reached. The station of the C. P. Ry.'s Montreal & Ottawa Short Line is only 1600 ft. distant from the Grand Hotel. Return tickets can be procured at summer excursion rates from any point in America. Should any difficulty occur, buy ticket to either Montreal or Ottawa and from these places excursion fares can again be got to Caledonia Springs.

Visitors from the Ottawa country should come via Ottawa; from Kingston and all points west and south-west via Vaudreuil; from south and east via Montreal; from the east and south-east on line of Canada Atlantic Ry. via Coteau and Vaudreuil; from the west on line of O. A. & P. S. and C. A. Rys. via Glen Robertson and Vankleek Hill; from the north shore of the Ottawa or by boat from Montreal or Ottawa, by writing or telegraphing, in time, to the hotel they purpose staying at, vehicles will meet them at L'Orignal to drive them to the Springs, 10 miles.

At Vaudreuil the Can. Pacific, Grand Trunk and Can. Atlantic Railway stations adjoin one another.

Trains leave Montreal from the Windsor station and Ottawa from the Central Station (Canal Basin).

Fares to Caledonia Springs.

From Montreal,	single,	$ 2.20;	return,	$ 3.70.
Quebec,	"	5.55;	"	8.70.
Ottawa,	"	1.55;	"	2.60.
Toronto,	"	9.45;	"	15.75.
Buffalo,	"	11.05;	"	18.00.
Boston,	"	11.20;	"	18.80.
New York,	"	11.35;	"	21.95.

A charge of 10c. is made for transfer of each passenger and baggage from railway station to Grand Hotel.

Visitors requiring hacks or private carriages will be charged a moderate fare.

The Grand Hotel Coy., Limited, will not be in any way responsible in connection with the stage, hack or livery business but will endeavor to control these as far as possible.

Hotel Rates at the Springs.

GRAND HOTEL. Transient Rates.—For a stay or less than a week, $2.50 per day ; two persons occupying one room, $2.25 per day each.

WEEKLY RATES.—For a stay of one full week or longer, ground floor and front corridor rooms, first floor (up one stair), $2.50 per day ; other rooms, first floor $2 per day ; second floor (up two stairs) front corridor rooms $2 per day ; other rooms, second floor $1.75 per day ; third floor (up three stairs), any room $1.50 per day each person. When more

METROPOLITAN FLYER AT CALEDONIA SPRINGS STATION.

than one person occupy one room, $1.50 per day is charged for the second person ; this rate for the additional person in a room applies to any room or floor but of course only when remaining over a week. The $1.50 rate is the lowest charge made under any circumstances for an adult.

Visitors, having their own grooms, bringing their horses and carriages can obtain for them superior accommodation in the buildings of the Company, only a fair charge being made for the grain, hay, etc., consumed.

The Springs are free to guests of the Grand Hotel. Charge for Bath Tickets is 50 cents each ; for a full dozen bought at one time $5 ; Vapor Baths 75 cents each.

Outside Hotels and Boarding Houses.—Lake Cottage, Victoria Cottage and the Brock Cottage are the property of the Grand Hotel Co'y. Arrangements can be made for board at from $5 per week upwards with tickets giving the privileges of the Springs and grounds. Bath Tickets 50 cents each.

The livery connected with above outside houses will board and care for horses for 60c. each per day including vehicles.

Note.—The following rules apply to all the Hotels : rooms charged for from time of proposed arrival although parties may postpone coming. Weekly rates apply only to continuous stay ; when room is given up, rates are calculated to that time and when retaken the period of the first visit cannot be allowed for.

Visitors who are helpless or require nursing will need to make special arrangements or bring their own attendants.

How the Waters and Baths are Used.

It is always better for invalids coming to Caledonia Springs to bring a letter from their own physician describing their cases, previous treatment, etc., for the information of the resident doctor, or anyway to consult the latter immediately on arrival before drinking any of the waters ; those seeking real benefit from their visit will save time and perhaps discomfort by so doing. The advice so freely offered by other visitors should be carefully ignored.

Printed directions are to be obtained as to the general usage of the waters, baths, dieting and habit of living ; of course these are general and may require revision in special cases.

The waters are all so palatable and inviting that new arrivals are prone to drink too freely. The white Sulphur Water is to be avoided the first day

and the Saline only drank. No special advantage is obtained by taking a bath for a day or two or until the fatigue of the journey has worn off and the system become habituated to the waters; they are forbidden in cases of fever, local or general irritability or debility and organic disease of the heart, lungs or digestive organs and in states of cerrebral congestion and pregnancy.

When no special treatment is laid down and the general health only is sought to be promoted the usual course is to drink from 3 to 5 glasses of the

VIEW FROM GRAND HOTEL CUPOLA, LOOKING SOUTH-WEST.

Saline Water on rising and then to take some moderate exercise before breakfasting; a copious motion of the bowels should then ensue and failing this the Saline Water only is to be drunk throughout the day. After the bowels have been acted upon, 6 to 8 glasses of the White Sulphur Water may be drank in as many hours. During the evening the Gas Water is the beverage, 2 to 5 glasses.

Cases of obstinate constipation should confine themselves to the Duncan Water till relieved. The Baths are taken at any time of the day but are best

in the morning; two hours should elapse after a meal before the bath is entered. A profuse perspiration ensues in or following the first bath or two; when this is not obtained, those with robust constitutions are advised to try the vapor bath. This latter is found of the greatest service to sufferers with long standing cases of chronic rheumatism, stiffened joints, etc.

This course acts on the kidneys, liver, blood and skin; stimulates and strengthens the stomach; removes all old secretions and imparts an elasticity to the mind and body that perhaps have been long lacking. The treatment may at first give rise to some disturbance of the system; a rheumatic or dyspeptic may find his sufferings aggravated, but this speedily passes off and the improvement that sets in is permanent.

It must be borne in mind that the mineral water treatment is not so much of a nature to give relief as to eradicate the disease from the system, and, as it takes time to acquire many of the complaints the waters are sought for to remove, time is necessary to accomplish this end. To obtain real benefit a course of at least 3 or 4 weeks should be devoted to the Springs. When a patient has been faithful to the Waters for as long as is beneficial certain symptoms such as headache, nausea, etc., give token that the treatment should be suspended for a time, say two or three weeks, when the course may again be advantageously resumed.

A case of Rheumatism has yet to be heard from that has not been benefited by a faithfully followed course of the Caledonia Springs Baths and Waters. Dyspepsia, Indigestion and kindred troubles receive marked benefit. Cases of Blood and Skin diseases alike succumb to the treatment. Visitors suffering from Calculi, etc., are numerous on account of the relief obtained here. For young girls and women at the change in life the course prescribed at Caledonia Springs has advantages unequalled by any other treatment. The run-down business man, the debilitated, for even those in the present enjoyment

of health there can be no question as to the value of these waters and to none is it more so than to the growing child. To those projecting a visit to the sea-side not half the benefit will be derived as if a course of these Waters and Baths is taken previously. As has been frequently remarked by visitors, these several waters, naturally rising out of the ground in such close proximity to one another, so different in their individuality, in their action searching out every secret place in the human system, seems like and must be a special favor from Providence.

The Caledonia Springs Waters are what is known as Alkaline-Saline; they hold large quantities of carburetted or sulphuretted hydrogen gases. The White Sulphur Water acts on the kidneys, bladder, blood and skin and is constipating; the Saline Water acts on the liver and is a mild laxative; the Gas Water acts on the liver and stomach, is a strong diuretic, and is wonderful in all dyspeptic and kindred troubles; the Duncan Water is a powerful aperient and the Strongest Saline water known that it is advisable to drink pure and a great remedy for constipation and liver troubles. The waters are not thermal or warm naturally; the gases with which they are impregnated are not thrown off immediately on coming to the surface as is the case with hot springs, and, drank at the wells, not a little of their virtues is attributed to this fact.

Comparing the average stay of each visitor to Caledonia Springs with the period that it is deemed necessary for patients to remain at other watering places, whether of Europe or America, it can be confidently asserted that at no place are such results obtained in the particular cases in which it is claimed the waters are efficacious. This is a fact patent to all visitors for years past, it is generally recognized by leading members of the medical profession and therefore the publication of any testimony, professional or otherwise, confirming this would be impertinent.

Keep the Carbonated Waters In Your Home.

The White Sulphur or Seltzer, pure or mixed with wine, milk, etc., is an incomparable beverage and particularly valuable for its action on the bladder, kidneys and blood.

The Saline likewise as a beverage, or, taken in the morning acts as a mild laxative, alterative and tonic, stimulates the liver and stomach and used in conjunction with the Seltzer beneficial in rheumatic troubles.

The Gas Water is especially useful in derangements of the stomach.

The Duncan is a certain aperient, and the strongest Saline Water known that it is advisable to drink pure; a positive remedy for constipation and a substitute for the much used, so called "liver" pills.

The waters are all more or less diuretic.

Exhilarating Beverages.

To commence the day by drinking a bottle of Caledonia Springs Water imparts a glorious feeling of energy; throughout the year you have a delightful substitute for every other stimulant.

What the Waters Cost.

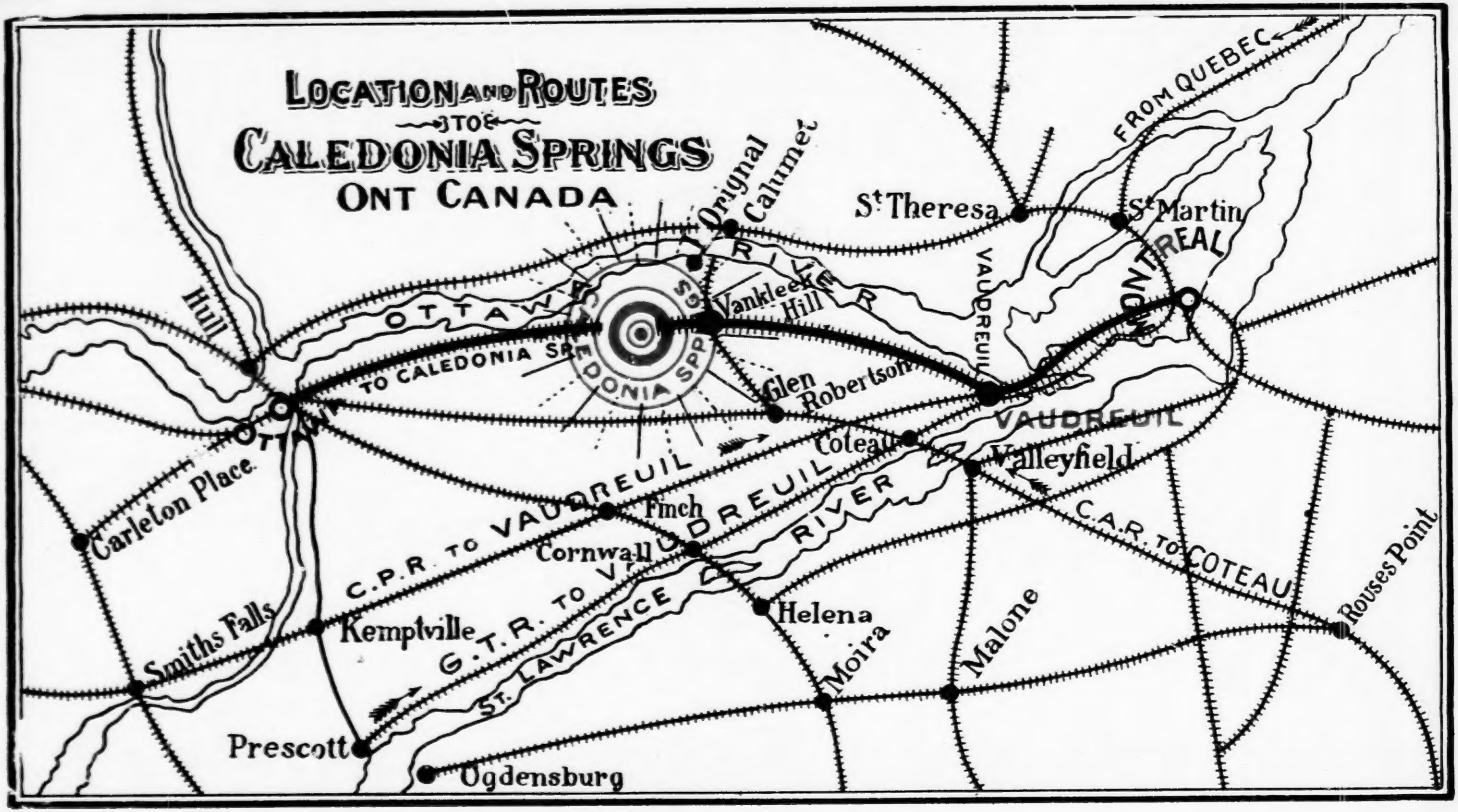
IN CASES of two dozen pints, $2.25; on return of bottles and Cases, charges prepaid to shipping point, $1.25 per case is allowed.

IN BULK.—The Waters are shipped direct from the Springs in casks of 12, 26 and 42 Imp. gals; for the Duncan Water $3.50, $5 and $7, for the other waters $3, $4.50 and $6 are charged respectively. For the empties returned in good order, charges prepaid, $1.50, $2 and $2.50 is allowed for the several sizes.

How to Get Them.

Any dealer in the Dominion can procure the bottled waters for sale, and they are generally kept by the best hotels, clubs and grocers everywhere. Should any difficulty occur in procuring them send direct to the Caledonia Mineral Springs Co., Ottawa, or Caledonia Springs, Ont., where all orders for the Waters in bulk are received and all information relating to Springs, Hotels, Baths, Routes and Rates can always be obtained.

Entered according to Act of Parliament of Canada in the year 1899 by the Grand Hotel Co. of Caledonia Springs, Limited, at the Department of Agriculture.



CRAIN & CO., OTTAWA.